

You can write or draw your story!

# GIMME FIVE

In the boxes below, share your story about what can we do when we feel stressed or anxious, who can we turn to and what our biggest challenges and successes are.

Which 5 people could you speak to if you feel stressed?

What does stress feel like for you?

My biggest struggle recently has been....

My biggest success recently has been....

My 5 favourite things to do to unwind are?

What are 5 things you could do to relieve stress?

I hope in the future I can?